

## Active 10 App

# WALKING BRISKLY FOR 10 MINUTES COUNTS AS EXERCISE

BECAUSE THERE'S ONLY  
**ONE YOU**



Active 10 is part of the One You campaign and aims to encourage everyone to do at least 10 continuous minutes of brisk walking every day. A regular brisk 10 minute walk every day can make you feel better in so many ways. It can boost your energy, clear your head, and lift your mood. It also raises your heart rate and can go some way towards lowering your risk of serious illnesses, such as heart disease, type 2 diabetes, dementia and some cancers. It can also reduce the risk of early death.

Evidence has demonstrated the following health benefits from a brisk 10 minute walk everyday:

- Increased physical fitness
- Greater ease of performance of everyday physical activities
- Improved mood
- Improved quality of life
- Increased physical leanness and healthier weight

The free Active 10 app can be download from the AppStore or GooglePlay to keep a track of your activity levels every day. [http://po.st/Active10\\_Hampshire](http://po.st/Active10_Hampshire)